

AT HOME RESISTANCE TRAINING

Do 5-10 Minutes of Light Cardio (jogging, Jumping Jacks, etc.)



MONDAY

3 sets x 15 reps

1. Bodyweight Squats
2. Push-ups
3. Lunges
4. Plank: 3 sets of 30-60 seconds
5. Dips

WEDNESDAY

3 sets x 15 reps

1. Bodyweight Reverse Lunges
2. Bodyweight Push-ups
3. Leg Raises
4. Side Plank: 3 sets of 30-60 seconds (per side)
5. Scissor Kicks

FRIDAY

3 sets x 15 reps

1. Bodyweight Jumping Squats
2. Burpees
3. Glute Bridge
4. Plank: 3 sets of 30-60 seconds
5. Mountain climbers: 3 sets of 15 reps (per leg)

It's important to note that it is important to start with lighter weights and focus on proper form, to avoid injury. It's also important to consult a doctor before starting any new exercise program, especially if you have any health conditions or concerns. As you get stronger, you can increase the number of reps and sets.

